

## CITY OF BALTIMORE

MARTIN O'MALLEY, Mayor



## HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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### HOT WEATHER ALERT

**BALTIMORE, MD** (July 11, 2006) – Baltimore City is opening emergency cooling centers around the city at 12-Noon today. Each of these centers will have cool air, water, and ice available.

Six centers will be operated by the Housing Department. These centers are:

- Southeastern Community Action Center. 3411 Bank Street
- Western Community Action Center. 1133 Pennsylvania Avenue
- Eastern Community Action Center. 1400 Orleans Street
- Northern Community Action Center. 5225 York Road.
- Southern Community Action Center. 606 Cherry Hill Road - (inside the shopping center 2<sup>nd</sup> floor)
- Northwest Community Action Center. 3314 Ayrdale Avenue.

Four of the centers will be operated by the Commission on Aging and Retirement Education. These centers are:

- Waxter Center. 1000 Cathedral Street.
- Oliver Center. 1700 Gay Street.
- Sandtown-Winchester Center. 1601 Baker Street.
- Hatton Center. 2825 Fait Avenue

In addition, an MTA bus will be available to provide emergency cooling services to areas where many people are at risk.

The Baltimore City Health Department recommends that city residents:

- Drink plenty of water or juice
- Avoid alcohol and caffeine
- Wipe skin with cool water as needed
- Reduce outside activities
- Wear light weight/light colored clothing
- Stay inside during the hottest time of day
- Watch out for signs of heat exhaustion and heat stroke:
  - change in mental status
  - nausea
  - light-headedness
  - high body temperature with cool and clammy skin
- Seek medical help immediately if any of these symptoms occur
- Seek relief from the heat in air conditioned locations
- Check on older, sick, or frail people in your community who may need help responding to the heat

City residents who want information on the cooling centers can call **311**. Any city resident experiencing the signs of heat exhaustion or heat stroke should call **911**

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